

Linda Clair
Five-day Meditation Retreat
Kallara Conference Centre, Australia – June 2019
Transcription from Audio Recordings

File 1c – Saturday afternoon guided meditation

So it's always good to take a few deep breaths into the belly just to reaffirm that you're here, in your body. And sometimes you can use it as almost a challenge to your mind, "Okay, I'm here, I'm going to stay here, as deeply into my body as I can."

In the last retreat at Kallara I talked about the silence. In this retreat I'd like to take the silence up a notch again. So I want everyone to be as quiet as possible. Even if you're in your room with your partner, or a good friend, can you please keep quiet, and be aware that it could be disturbing someone else. So keep to yourself as much as possible. Don't bother being friendly or nice. This is about you, looking deeply into you. I'm not saying don't be friendly, but this is a chance to break down some of the deep-seated habits within you.

A very deep habit in many people is the desire to be accepted and loved by other people. So this retreat, forget about that. And keep looking at your reactions. You don't even need to say please or thank you. You don't need to make eye contact with people.

As N. said at the beginning, if there are any questions, please don't go to other people. Go to N. – if something is bothering you, go and see him. This might sound very strict and restrictive but you can also see it as this incredible freedom, "I don't have to be who I think I should be for this five-days," and, "Who am I anyway?"

So for this five-days you don't need to be anybody. And you're really not who you think you are, or who you think you should be. How exciting is that, not to have to be anyone. And that's why we need to stay so grounded. That's why we're sitting here – to stay as grounded as possible while we're letting go of this persona that we've created through our lives.

So this is a chance to see all those little habits that you think makes you you, and let them go, gradually, gradually, because really you're here because you're sick of being you. That's why I did this – I just couldn't stand myself anymore. And you want to be free from yourself. You want to be able to be completely authentic in any situation. And that's why you're here.

I wouldn't be here doing this if I didn't think it was worth it, worth all the hard work. And it will be hard work at times. At times it will be exhilarating, amazing, and at other times just pure hard work. So try not to expect anything. Try not to predict anything. Just be as open as possible to whatever is happening, right now.